

Maslin bread is a rustic, mixed-grain loaf made primarily from **wheat and rye flour**. Historically, it was the common, everyday bread of medieval Europe and was named for the practice of growing the two grains together in the same field as an insurance crop against variable weather. [↗](#)

Characteristics and History

- **Composition:** The term "maslin" (from the French *miscelin*) traditionally referred to a mix of any available grains, but in practice, it almost always meant a blend of wheat and rye.
- **Historical Context:** In medieval Britain, pure white bread (manchet) was a luxury reserved for the wealthy and clergy. Maslin bread, being darker and coarser, was the staple food for the majority of the population and servants.
- **Baking Method:** Authentic medieval maslin bread was typically leavened using a sourdough starter, as commercial yeast was not available. Loaves were often large, round, and baked on a flat hearth or a bakestone, sometimes under an inverted pot.
- **Modern Revival:** Today, maslin bread is considered an artisanal, nutritious loaf, celebrated for its high fiber content and complex, nutty, and chewy texture. Modern recipes often use a mix of strong white or wholemeal wheat flour and dark rye flour, with either commercial yeast or a sourdough starter. [↗](#)

Common Flour Ratios

While the exact proportions could vary historically based on the year's harvest, typical modern recipes often use a mix of roughly:

- **50% wheat flour and 50% rye flour**
- **A higher proportion of wheat to rye**, such as 2 parts wheat to 1 part rye, to help with a better rise and lighter texture, as wheat has higher gluten content than rye. [↗](#)

For those interested in baking their own, many recipes are available online, such as this [Maslin Bread recipe](#) from Oakden or this [Sourdough Maslin recipe](#) from Time Travel Kitchen.